Exceedingly Vegan

VEGAN WALNUT PÂTÉ

- 1/2 cup walnuts
- 2/3 cup water
- 2 tbsp corn starch
- 2 1/2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 2 1/2 tbsp soy sauce (unsweetened)
- 1/2 tsp miso paste
- 1/3 tsp garlic powder
- 1/3 tsp onion powder
- 1/3 tsp smoked paprika
- Pepper to taste

This is really super easy! Add all ingredients to a food processor and blend for a couple of minutes until you get a very smooth paste.

Then pour the mix into a pan on medium high heat and heat up. Make sure you stir constantly so it doesn't burn. After a while the mixture will change consistency and turn into a paste. Cook for a couple of minutes longer and then transfer it to a flat dish. Pat down and even out with a spoon so you get a smooth surface.

Let set in the fridge for 1.5 to 2 hours. Serve on toasted baguette. Enjoy!



Exceedingly Vegan was created by Philipp, who says "I started this blog because I believe delicious vegan food is for everyone and I believe in being inclusive. Food is about sharing and enjoyment and I wanted to cater for all palates while showing the amazing variety of luscious vegan dishes and how easy it is to cook them."

The recipes are completely plant-based but not completely oil-free. Philipp has recipes from scratch using whole plant foods for menu items like chicken filets, fish fingers, and sausages; so there is a lot here to support a WFPB diet that appeals to people who used to be omnivores.

Philipp's fascinating story, which you can read on his website, involved leaving behind smoking and an unhealthy relationship, then embracing veganism once he discovered that it was the healthiest diet on the planet, as well as good for the planet and the animals. He wants to dispel the notion that vegan food is boring and difficult to prepare: "My goal is to get everyone back to the table again to connect over amazingly tasty food, vegans and non vegans."

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